

DAILY WORD



UNITY SCHOOL, LTD.

Unity Village

Lee's Summit, Missouri 64063

A **UNITY** PUBLICATION

JANUARY
1961

Pray with Silent Unity

PEACE . . . Let liberty, justice, righteousness, and peace be established throughout the world, in the name of the Lord Jesus Christ.

PRAYER FOR WORLD LEADERS: Through the Christ Mind you are unified in thought, purpose, and understanding, and inspired to right action for the mutual security of all mankind.

•

PRAYER FOR ILLUMINATION: Forgetting the things that are behind, I am filled with the light and wisdom of Christ.

•

PRAYER FOR PROSPERITY: I let go of limiting thoughts, and Christ in me opens new doors to success and prosperity.

•

PRAYER FOR HEALING: Forgetting the things that are behind, I am made new in Christ. I am healed in mind and body.

DAILY WORD is nonsectarian. It is published monthly by UNITY SCHOOL OF CHRISTIANITY, LEE'S SUMMIT, MISSOURI. Single copies at 20c each, a year's subscription is \$2. Braille subscriptions are sent free to the blind who are familiar with Grade 1½.

Second-class postage paid at Lee's Summit, Missouri.

Unity School publishes the following periodicals: Unity, Progress, Weekly Unity, Good Business, Daily Word, Wee Wisdom, Unity Sunday-School Leaflet, and La Palabra Diaria, at \$2 a year each. No additional postage charge for subscriptions to foreign countries.

DAILY WORD

First Issue, July 1924

Edited under the inspiration of Silent Unity

Vol. 74

JANUARY, 1961

No. 1

In This Issue

The Original Look—*James Dillet Freeman* - - - 2

New Year Greeting from Silent Unity - - - Center

Poem: Bridges Are An Adventure

—*D. J. Mann* - - - - Back Cover

Cover—*Hilda Hampster*

Center Photograph—*Silent Unity Building, Dick Logan*

DAILY LESSONS FOR JANUARY

- | | | |
|-------------------------|---------------------------|-------------------------|
| 1. New Year's Day | 11. Life | 21. Plenty of Time |
| 2. Welcome Change | 12. No Irritations | 22. Christ Centered |
| 3. Healing Christ | 13. Jesus Christ Presence | 23. Eternal |
| 4. Weather | 14. Constructive Speech | 24. Free from Curiosity |
| 5. Unfailing Supply | 15. Oneness | 25. Comfort |
| 6. Illumination | 16. Look for Good | 26. Patience |
| 7. Pray Without Ceasing | 17. Mental Health | 27. Memory |
| 8. Expect Good | 18. Divine Order | 28. Relax |
| 9. God's Law | 19. Bless Communications | 29. Born Anew |
| 10. Enthusiasm | 20. Inauguration Day | 30. Work |
| | | 31. God-directed |

The Original Look

JAMES DILLET FREEMAN

IT IS as if we are on a sea voyage. We see far away what looks to be a mist take shape out of the waves. Then we see that what we took to be a mist now seems to be a mountain. As we approach yet closer we see that it is not a mountain, but an island. And on still closer view, the island is seen to have many mountains, valleys, beaches, harbors, houses, wharves, roads, people, animals, trees, fields, and gardens.

And if we look at a blade of grass growing in one of these gardens—look clearly enough, keenly enough—will we not see that the grass is no more what our first careless glance considers it than the island is the mist we first took it to be?

This that seems a blade of grass will reveal itself to be an island, with its own multitudinous features as distinct and various as mountains, beaches, living creatures, fields and gardens, blades of grass. And beyond this, are there not yet further islands? Islands hardly dreamed-of, undiscovered, unexplored, unknown!

If I look outward at the heavens, the astrono-

mers tell me that what I see as dancing points of light, the stars in the night sky, are in reality vast bodies like our sun, and may, in their turn, have around them worlds like our earth.

One time I saw through a telescope what looked like a little patch of light.

"That is the Nebula in Andromeda," said the astronomer. "This little patch of light that in the telescope looks like a puff of cotton or a bit of milkweed down, too faint to find when you take your eye from the eye-piece, is an island universe containing millions of stars, millions of suns like our own. The whole night sky sprinkled with all the stars that sparkle overhead is not so large as this puff of cotton. And this—which is almost a million light-years away—is but the nearest of myriads of such universes that astronomers have located in space."

What a world God has made!

My sense and senses shout it, and the physicists corroborate it.

Sometimes I think that physicists have more imagination than poets.

Physicists describe the world as a dance of electric particles.

The world dances!

As it dances, it sings. Had we the instruments, we could hear the harmonies.

Our world is made of light, living, singing light, dancing on its everlasting journey round the throne of the Eternal, who sent it winging on His word!

God said, "Let there be light." Having made light, what a stuff He had to make the world of.

God took the light—and was the light the movement of His thought upon the deep?—and some of the light He made whirl in the patterns of the dance that we call matter—but it is still more light than matter. What are heaven and earth but the momentary shape of motion?

Oh, the rainbow world we live in! Rivers of light pour everywhere, too luminous to see, showers and cascades of light. Children of light, we are ourselves the light. Swimmers in electric seas, we are ourselves the electric stuff.

This is the way God made the world.

This is the way we should see it.

It is all good. It is all beautiful. It is all extraordinary.

Nothing is plain or stale.

Nothing is inconsequential.

Nothing is to be overlooked.

How much better to mistake ordinary things to be divine than to take divine things to be ordinary!

How much better like an ancient savage to feel

that a stone may be God than like a modern savant to feel that God may be no more than a stone!

Out of a clod of clay God made the first man.

All the fantastic world of living forms we see around us—what is this but clay that would not lie still? And what clay ever lies still? Behind the inert seeming, streams of electrons leap and circle in a flaming dance.

It is not enough to see God in extraordinary things. It is necessary to see that ordinary things are extraordinary, too.

Ordinary things are the house of the Beautiful.

Usual life is the fullness of living.

Every child is a Holy Infant.

Every man is a child of God.

Now we call a few extraordinary happenings wonders and miracles, such as the works of Jesus.

We say they are miracles because we cannot explain them and cannot duplicate them.

But what can we explain and what can we duplicate?

What is an ordinary thing?

Take a cherry tree, for instance—black boughs of winter, on those naked boughs green leaves, among those green leaves white and fragrant flowers, and when those flowers fall, red, red cherries glistening till the tree sparkles like a ruby crown, where singing birds light lightly with

their songs. I have not even mentioned the taste of cherries baked in a pie! I can only say, what delightful ways God has of revealing Himself to us.

Or take the starry sky. Go out of doors to-night and look at it, the glittering winter night aflame with stars—not one so large as candle-light, still tapers, but with a power to move the spirit more than any summer fireworks show!

Or a baby!

Little Lord Jesus, O Holy Infant, do we need to ask You if a baby is a wonder and a miracle?

If a genie suddenly materialized, we would be struck dumb with astonishment.

We see a child, a cherry, or a star. We are delighted. But we act as if these were not as great a marvel as a genie.

We have only to look inside ourselves or step outside our door, to see ten thousand wonders, each one as implausible, unexplainable, and unique as a genie.

The fact that they are wonders that happen every day does not make them less wonderful. Nor does the fact that I can sometimes correctly predict that one of them may after awhile turn into another of them—a cherry stone into a cherry tree, for instance.

I cannot duplicate a single one of them. I can-

not tell you how it came to be or what it is; I cannot tell you why it is, nor can the wisest scientist.

I might say, "God!" But the word is meaningful only if you have yourself found out its meaning.

All that I can say is that I see everywhere the work of creative Spirit.

Everything God makes is an original creation. He never mass-produces anything.

He did not turn you out on a machine. You are handmade. He did not make you like anyone else. Even your parts are not exchangeable with anyone else's. They will not work.

There are more than 2,000,000,000 human beings. No two of them are alike. Once in awhile, almost as if in an excess of creativity—much like a grace note in a symphony—there are identical twins. But even these are different—and there are just enough of these to show that the Spirit that is at work is altogether unpredictable.

God does not create two things alike. Not two human beings. Not two cherry trees. Not two blades of grass.

When we are skillful enough to measure them, we will find that God never makes two electrons alike.

God is the infinite creativity fashioning out of

His infinite thought the infinite world of force and form.

I wake in the morning and I accept this morning just as if it were like the mornings when I waked before.

How can I be so dull of perception?

This morning—like every morning—is an original creation.

Last night a freezing mist fell. This morning the world is the jewel box of God. Every tree, every bush is diamonded. Every frozen twig glitters till I hardly know whether this is ice or fire. Every tremor of the wind strikes from the crystal world blue-white and golden flames.

Today it would be hard to miss the glory. But how often we shut our eyes, and complain because there is nothing to see.

We shut our ears, and wonder why we never hear anything and why nobody ever has anything to say.

We never get quiet and look for God or listen for His voice, so we say that He does not exist; or if He does, He is distant and indifferent.

How long has it been since you saw the dawn? A few mornings ago I arose before the sun—he rises later now that it is winter—and saw his light come spreading across the fields. Little pink clouds formed in the sky, looking as if they might

be the sun's breath misting.

How long has it been since you blew your breath on an icy morning and watched it mist?

How long has it been since you noticed how things look when there is fog? Trees and towers evaporate halfway up. You have a sense of the intangibility of things. Things are but dream-shapes drifting in your mind, and any moment may dissolve. The world is something you have only half-imagined. You are detached and alone on an island of thought.

How long has it been since you walked in the half-world of moonlight, upon the bottom of the sea of night, where all things look as if they were awash in pearly tides?

How long has it been since you looked at snow? examined its star-shapes under a magnifying glass or held out your tongue and let snow-flakes melt on it as they fell?

How long has it been since you looked at frost-ferns growing on a windowpane? More mutable than grass, more delicate than flowers, blow lightly on them for a moment, and they vanish away.

How long has it been since you watched the lights come on in a city of an evening? the street lights blossoming along the avenues like golden flowers and the little lights in people's houses, warm, glowing squares of life?

How long has it been since you watched the people pouring out of offices and factories, and felt the pulsing, surging, jostling tide of city life?

How long has it been since you sat still and looked at things by candlelight?

How long has it been since you listened to birds sing or watched them fly? I throw a few crumbs under the small tree outside my kitchen window, and to it by the dozens sparrows fly, hovering, pirouetting, twittering. Sparrows are grace in flight. Sometimes such swarms of them alight in the bare branches that I have a tree of birds.

How long has it been since you looked at the bare branches of a tree? If the moon is full tonight, go out and watch it rise through the branches of a tree. The moon of winter, like a golden bird caught in a black net, will slip upward through the lacy interstices and at last soar free.

Or if the moon is new, go search for its pale bud in the western sky.

If we do not look at things, we cannot complain that life has nothing to look at. It is our look, not our life, that becomes humdrum.

Not long ago a friend and I went for a winter hike on Unity Farm. A narrow creek wanders through the back hills. The weather having been

dry and cold, the water was dried up or frozen, so we could walk down in the creek bed. The banks rose high and steep above our head, and in the meanders of this ravine we were soon altogether separated from the fields and woods above. Never farther than a few miles from home, I could not have been farther from everything familiar if I had gone ten thousand miles. The world was my usual world, but I was having an original look at it.

We walk into a familiar room, and see nothing in it. We know it so well that we can find our way around in it with our eyes shut. And this is what we do.

After a while the world becomes such a room.

Have you let time's dust settle on the window? When a child finds dust on a windowpane, he writes his name in it or draws a picture. Dust, too, can disclose a world.

Things are wonderful beyond our farthest imagining. For things are God's imagining. But you are God's imagining, too. God made you in His image.

And He gave you an original look. This is the look that a child has. This is the look that God has. This is the look with which He looked at everything that He had made and saw that it was good.

Sunday

JANUARY 1

I ENTER THIS YEAR IN "A NEW AND LIVING WAY."

I ENTER this year with a joyous, dedicated spirit.

I enter this year with an open, receptive mind, a mind obedient to divine inspiration.

I enter this year with a new understanding of my body, its creation, and its ability to renew and perfect itself.

I enter this year with a new concept of prosperity and of the part I play in letting divine ideas and creative energy express and produce through me.

I enter this year with a new love and respect for people—for the people in my immediate family, in my business world, in my social world, and in the world I know only through the eyes, ears, words, and interpretation of others.

I enter this year free from old concepts, old thoughts, old conditions. I enter this new year unfettered, unbound. I walk in faith, in light, in life, in plenty, and in peace. I walk "a new and living way." I walk with God.

♣ *Enter . . . by the way which he dedicated for us, a new and living way.*—HEB. 10:19, 20.

JANUARY 2

Monday

I AM THANKFUL THAT THE FLEXIBLE SPIRIT OF YOUTH IN ME WELCOMES CHANGE AND INVITES NEW SITUATIONS AND EXPERIENCES.

WHEN change comes in our life, rather than resist it or resent it, let us be thankful for the flexible spirit of youth in us that welcomes it. Even though we are perfectly happy and satisfied with the way things are and have been, it is a challenge to be called on to meet something new, to do something different. Change stirs up a new spirit in us and makes us think deeper and more originally. A new approach to life and its experiences helps us to remain young and enthusiastic.

We are continually called on by the Spirit of God in us to change our way of thinking, to enlarge and expand our vision and our concept of life. Lessons in living are constantly being offered, and we prove ourselves good students as we look for and find new meaning in life, as we look for and find new worth in people, as we look for and find God in expression in everything.

♣ *Be renewed in the spirit of your mind, and put on the new man.*—EPH. 4:23, 24.

Tuesday

JANUARY 3

THE HEALING CHRIST PRESENCE FILLS ME,
SURROUNDS ME, AND INFOLDS ME. I AM
MADE WHOLE.

THE HEALING presence of the Christ is above me, beneath me, and within me. This presence saturates every cell, organ, function, particle, and atom of my body temple. I am made every whit whole. Awareness of this wholeness permeates my mind, and I am sustained in perfection.

I turn from old negative thoughts concerning health and I free my mind from them forever. I replace these negative thoughts with faith-filled ideas and I outpicture faith in my every word and action. I turn from discouragement and affirm my oneness with the Father's healing power. My faith is not lessened by negative human decrees, for I remember the divine decree: "I will restore health unto thee."

I am careful to express only positive truths concerning my health. I refrain from dramatizing health challenges I may have experienced. I give thanks for the awareness of the healing Christ presence that is quickened in me.

♣ *I will restore health unto thee.*—JER. 30:17.

JANUARY 4

Wednesday

I HAVE DOMINION OVER MY THOUGHTS AND
I SEE THE PERFECT PLAN IN WEATHER CON-
DITIONS.

NEARLY everyone at some time or another has expressed a desire to be able to do something about the weather. We should like to have the power to control the elements so that we could choose the weather that we feel would be best for our health, safety, and happiness.

Charles Fillmore in one of his Sunday lessons said: "Every step that man has made in external dominion had its origin in dominion over himself and we can never . . . have power over the elements until we have power over our attitude toward the elements."

We gain this power over our attitude toward the weather through prayer. In quiet prayer we receive guidance to go about our necessary daily activities in perfect safety. We realize that our health comes from within and remains unchanged by weather conditions. As we exercise dominion over our thoughts, we see the perfect plan and its unfoldment in weather conditions.

♣ *And he . . . said . . . Peace, be still.*—MARK. 4:39.

Thursday

JANUARY 5

I AM NEVER AT THE END OF MY RESOURCES,
FOR GOD IS MY UNFAILING SUPPLY.

WE LIMIT our supply if we think of it in terms of salary, of property, of savings, of stocks and securities. These resources can diminish, and still our supply remains unlimited. For God is our unfailing supply and resource. He is the substance out of which our good is formed and re-formed and brought forth continually in our lives.

It expands our consciousness of prosperity to think in terms of God's richness, of God's resources, of God's infinite, unfailing supply; for God's richness is related to us; it is our heritage; it is for us, His children.

The rich supply of God supersedes what is ordinarily thought of as riches; for it includes not just material supply, but supply for the whole man—well-being, a rich and generous heart, and a free and open ability to give and receive of talents, time, and money.

♣ *Both riches and honor come of thee, and thou rulest over all; and in thy hand is power and might; and in thy hand it is to make great . . . for all things come of thee.*—I CHRON. 29:12, 14.

JANUARY 6

Friday

IN THE NAME AND NATURE OF JESUS CHRIST
I AM SPIRITUALLY ILLUMINED.

JUST AS MEN followed a light to find Jesus, men must follow the indwelling light to find the Christ. Just as men, finding Jesus, were uplifted and inspired, so men, finding the Christ, are uplifted and inspired.

Jesus said that men who believed in Him could ask any good thing in His name, and they would receive their blessing. For it was His nature to shed light on the problems brought to Him. Now we, believing, ask in His name, for we know that it is in the nature of the Christ to shed light on the problems we bring to Him. Little problems, large problems, personal problems, health problems, money problems, marital problems, world problems, brought into the light of Christ are viewed with a new perspective. The mind that is spiritually illumined is able to see through any problem to a solution; it is clear and unclouded. The mind that is spiritually illumined understands what should be done, knows how to do it, and has the courage to follow the course the light of Christ reveals.

♣ *I am the way.*—JOHN 14:6.

Saturday

JANUARY 7

I PRAY WITHOUT CEASING; I REJOICE AND
GIVE THANKS.

PRAYER, in one form or another, has played an important part in man's life from the dawn of creation. Prayer is a wonderful source of help and assurance. Prayer puts us in touch with God's power and brings us into harmony with His good world.

"Pray without ceasing," Paul admonishes. We do this by maintaining an attitude of thanksgiving and praise for the blessings that God gives to us each day. We pray without ceasing as we bless each task that we do, as we give it our best effort, and as we complete it cheerfully. We pray without ceasing as we rejoice in the blessings that others receive. We know that their receiving their good in no way decreases our receiving our good, for our loving Father has plenty for all.

We can live so that our entire life is a prayer. We can let every thought, word, and deed express our conviction that God is taking care of our every need in the right way, at the right time, and that all things work together for our highest good.

✦ *Pray without ceasing.*—I THESS. 5:17.

JANUARY 8

Sunday

I BRING FORTH GOD'S GOOD AS I FILL MY MIND WITH PICTURES OF HAPPY THINGS.

I REJOICE in the realization that God has given me creative power. Through the power of my thoughts and words I am creating a happy, healthy, joy-filled, successful life.

I fill my mind with pictures of happy things.

I think about things that are pleasant and constructive. I live in an atmosphere of confident expectancy.

I think about life—abundant, vitalizing, renewing, recreating life. I think about prosperity and success. I think about harmony and order. I think about courage, power, love, and joy.

I fill my mind with positive ideas. I fill my mind with thoughts of good. I think about the good that is in my life now. I picture only happy events ahead of me. I think positively. I speak constructively. I expect the best.

I see God, good, in every person, in everything, everywhere. I fill my mind with pictures of happy things and each day I bring forth more of God's good in my life.

♣ *For as he thinketh within himself, so is he.*—PROV. 23:7.

Monday

JANUARY 9

I GIVE THANKS THAT GOD'S PERFECT LAW IS NOW WORKING THROUGH ME, AND THROUGH ALL CREATION.

IN DISCUSSING prosperity, Charles Fillmore once said: "Do not expect miracles to be performed for you, but do expect the law to work out your problem by means of the latent possibilities in and around you."

One of the most important realizations we can attain is that God is not an external power, manipulating life from some distant heaven. God is the indwelling Presence that manifests in orderly unfoldment through all creation. God's purpose is not to do things for us, but rather to express His life, love, wisdom, and substance through us.

Whatever the nature of our problem, we shall find it working out in a harmonious way as we learn to let God's perfect law function in our life and affairs. As we turn to God in prayer, our eyes will be opened to our latent possibilities and undeveloped talents. We will be guided into orderly development of these possibilities and talents.

*Open thou mine eyes, that I may behold
Wondrous things out of thy law.*

—PSALMS 119:18.

JANUARY 10

Tuesday

I AM ENTHUSIASTIC ABOUT LIFE AND ABOUT LIVING.

ARE YOU enthusiastic about life and about everything you do? People love to be around an enthusiastic person. People who are filled with enthusiasm are always interesting, and they help to stir up enthusiasm in others. Enthusiastic people always seem youthful no matter what their age may be.

If you feel that you are not as enthusiastic about life as you would like to be, never fear, because the quality of enthusiasm can be stirred up within you. First, turn to God for inspiration. Then as you go about your everyday living He will reveal new and interesting insights to you about things you have been taking for granted. He will inspire you with new ideas and lead you into new ways to do your work and enjoy your time of recreation. You will find new satisfaction in all that you do.

Enthusiasm is catching. Your enthusiasm will inspire the people around you. Life and living will take on new color and interest.

♣ It is good to be zealously affected always in a good thing.—GAL. 4:18 (A.V.).

Wednesday

JANUARY 11

GOD'S LIFE IS HEALING ME NOW. I REJOICE
IN MY RESTORATION.

SILENTLY, ceaselessly the healing life of God is doing its perfect work in me. I trust the healing life of God. I place myself in His care and rejoice in the knowledge that healing is taking place, that renewal and restoration are His will for me.

The life of God flows through me, a healing stream, cleansing, purifying, harmonizing, and perfecting every part. I fill my mind with thoughts of health. I bless my body by thinking of it as spiritual, as composed of the living substance of God. I think of my heart as God's heart; I think of my lungs as filled with the breath of God; I think of my blood stream as one with the living stream of God's life. I think of every organ, cell, and function of my body as God-filled, life-filled. There is nothing to fear, for God is life, and His life is in me now.

*I will give thanks unto thee; for I am fearfully and
wonderfully made:*

Wonderful are thy works;

And that my soul knoweth right well.

—PSALMS 139:14.

THERE IS NO IRRITATION IN ME. GOD'S LOVE
FILLS MY HEART.

THE LITTLE, constant irritations cause more inharmony and unhappiness than actual cruelty or unkindness. How do we cope with feelings of irritation that rise up in us? How do we keep them from turning into cross or angry words, faultfinding, or quarreling? It may seem that the other person is the cause of our feeling of annoyance, but it is we ourselves who have control over our reactions, over our feelings, over our thoughts. It really does not matter what another person says or does so long as we keep our inner poise, so long as we maintain peace in our own heart and mind. As we work to do this, we find, miraculously it may seem, that the things that formerly upset us have lost their power.

Love is the great overcomer. God's love in us is greater than any feeling of irritation or annoyance. God's love in us is great enough to rise above such feelings; it is great enough to bless; it is great enough to forgive.

♣ *Put on . . . a heart of compassion, kindness . . . forbearing one another, and forgiving each other.—COL. 3:12, 13.*



GREETINGS:

Within the walls of this building **DAILY WORD** is edited under the inspiration of the prayer group, **SILENT UNITY**. As we think of you, pray with you, and prepare the daily lessons, we see you ready for a Happy New Year!

Ready for the light of God to shine through you.
Ready for the life of God to express in you.



Ready for the love of God to radiate from you.
Ready for the substance of God to support you.
Ready for the prayers you pray to be answered.
Ready for the dreams you dream to take form.
Ready to be the child of God you are meant to be.
Ready to do the things you are meant to do.
We see a Happy, New You
Ready for a Happy New Year!

Friday

JANUARY 13

I FOCUS MY ATTENTION ON THE JESUS CHRIST PRESENCE AND I FACE LIFE CONFIDENTLY.

WHEN JESUS came to His disciples, walking on the sea, they were at first terrified. Being reassured by His voice that it was the Master who approached, impulsive Peter immediately wanted to walk on the water too.

As long as he kept his gaze unwaveringly on Jesus, he walked safely. But when he allowed his attention to wander to the roaring wind and foam-crested waves, doubt and fear overcame him, and he began to sink. Looking to Jesus, accepting His hand, he was steadied until they reached the boat.

Like Peter, we, too, must learn to focus our attention on the Jesus Christ presence, ever with us. When we give more attention to the storms and problems of life than to the radiant Christ presence, we, too, begin to sink.

But the outstretched hand of Jesus is ready to lift us up, to save us from sinking in doubt and fear. Hand in hand with Him, we confidently walk the seas of life.

♣ *Do not cease to pray and . . . to walk worthily of the Lord.*—COL. 1:9, 10.

I THINK AND SPEAK LOVINGLY AND CONSTRUCTIVELY.

MUCH strength and energy are dissipated in idle talk and gossip. Without meaning to, we often find ourselves involved in gossip that is actually destructive.

The dictionary tells us that the word *gossip* was originally *godsibb*, a word meaning God-related. When we are confronted with gossip, or if we are tempted to gossip, it may help us to think of the original meaning of the word and ask ourselves, "Is it God-related?" Then, too, we can ask ourselves, "Is this what I want to think or say about a child of God, someone who is related to me spiritually?" To ask ourselves such questions can change our attitude toward idle talk and gossip. We shall be able to turn the current of gossip into something more praiseworthy. We shall be able to turn discussion of others into discussion of their worth rather than their weaknesses.

We are God-related to every person on this earth and in this God-relation we are bound together in love and faith.

♣ *By this shall all men know that ye are my disciples, if ye have love one to another.*—JOHN 13:35.

Sunday

JANUARY 15

WITH ONENESS OF PURPOSE WE FIND OUR
ONENESS WITH GOD AND WITH MAN.

MAN EVER seeks his purpose in life and that purpose is well stated in the words Jesus read when "he opened the book, and found the place where it was written, The Spirit of the Lord is upon me, Because he anointed me to preach good tidings to the poor: He hath sent me to proclaim release to the captives, And recovering of sight to the blind, To set at liberty them that are bruised, To proclaim the acceptable year of the Lord."

As we pray to fulfill our purpose in life, as we pray for all men in all lands to fulfill their purpose, we find oneness with God. Through prayer we preach good tidings and everyone everywhere is enriched in spirit. Through prayer, release, healing, and liberty are established and maintained. Through prayer we make this "the acceptable year of the Lord." With Jesus we know and rejoice that: "To-day hath this scripture been fulfilled."

♣ *I will joy in the God of my salvation.*—HAB. 3:18.

JANUARY 16

Monday

THE LOVING SPIRIT OF CHRIST IN ME HELPS
ME TO SEE THE GOOD IN EVERY PERSON.

WHAT WE look for in people we find. If we look for things to criticize, we find things that displease and annoy us. But the reverse is also true. If we look for something beautiful, something good in every person, beauty and goodness are revealed to us.

We know that it is Christlike to look for the good. And we, like Jesus, have the loving Spirit of Christ in us to help us see the good in everyone. This indwelling Spirit encourages us to see more than the outer form and the personality. It reminds us that there is a loving Spirit in every person that responds to our expectant attitude of good. It calls forth the beauty, goodness, and perfection that transform features and shine through personality to bless and harmonize.

Whereas before we may have found unpleasant qualities in other persons, we now allow the loving Christ Spirit in us to transform and bless every situation, and help us to see only the good. The good is there, and what we look for we find.

♣ *Let us not therefore judge one another any more.*
—ROM. 14:13.

Tuesday

JANUARY 17

GOD'S LOVE RELIEVES ALL MENTAL DISTRESS,
AND MY MIND IS AT EASE.

TO THE PERSON who is mentally disturbed, the thought of God as love is most consoling and strengthening. If it is not easy to accept this thought, if questions arise, if fears assail, we have been given wonderful assurance in these words from the First Epistle of John: "God is love . . . There is no fear in love: but perfect love casteth out fear."

God is love. Not God is loving. But God is love. Since there is only the one presence and the one power, God, and God is love, how can man abide in any unloving condition such as fear? Perhaps man forgets that he abides in God, in love. But God never forgets man.

When man holds to the thought of God as love, when he holds to the thought of man as abiding in God, he finds repose and rest. No longer is he bound to any distorted picture of himself, his place, or his purpose. No longer is he limited by named or unnamed conditions. Mental distress is relieved. Man's mind is fearless, and he is at ease.

♣ *Perfect love casteth out fear.*—I JOHN 4:18.

I PUT FIRST THINGS FIRST, AND DIVINE ORDER IS ESTABLISHED IN MY LIFE AND AFFAIRS.

SOMETIMES we become involved in many activities, and the numerous demands on our time and energy leave us feeling pushed and depleted. If our days seem hectic and overcrowded, it is time to take inventory. It is time to put first things first.

"Be still, and know that I am God." This is the first step in taking inventory. As we become still and realize the indwelling presence of God, we find tension loosing its grip on us. Hurry and strain give way; we relax, and our inner resources are strengthened and nourished.

Next we seek illumination in bringing our affairs into divine order and harmony. Guided through prayer, we see how to use our time and energy to the best advantage. We eliminate non-essentials that crowd us. Necessary activities are co-ordinated for greatest harmony and efficiency.

As we put first things first, we eliminate the trivial without regret. We find that we have time and energy for important matters.

♣ *Let all things be done decently and in order.*—I COR. 14:40.

Thursday

JANUARY 19

I GIVE THANKS THAT MODERN COMMUNICATION IS BLESSING THE WORLD WITH LIGHT AND UNDERSTANDING.

I GIVE thanks for modern communication. I am grateful for the books, magazines, and newspapers that enlighten, instruct, and entertain. I give thanks for constructive radio and television programs that bring the far corners of the world into my living room, enrich my home with great music, and broaden my horizons in ways unthought of a short time ago.

I bless these channels of communication and pray that the wisdom of God direct them for good. I see them dispelling shadows of ignorance and superstition, and strengthening mutual understanding among the world's peoples.

I bless those who publish our reading material, and those who plan and present our radio and television programs, and I give thanks that the Spirit of God is leading them into wise paths of service, inspiring them with a new realization of their tremendous potential for good.

♣ *Behold, upon the mountains the feet of him that bringeth good tidings, that publisheth peace!*—NAHUM 1:15.

IN GOD WE TRUST.

THIS IS Inauguration Day in the United States, and we are praying for our new President. If you who read this lesson are from another land, you may wish to pray this prayer for the leader of your nation, but even as you do this we invite you to add your blessing to our blessing for the President. Every good thought is felt and appreciated.

Mr. President: "In God we trust! We trust His light to guide you, His power to protect you, His strength to support you, His joy to uplift you, His understanding to quicken you, His wisdom to speak through you, and His love to direct your actions. We trust God in you to meet your needs, to meet the needs of the Presidency, the nation, and its citizens. We trust God working through you and through us to show us the way we can bless the world and its people, so that every heart in every land comes to feel the same confidence we feel, and every voice everywhere joins our voices in saying, 'In God we trust.' "

♣ *Confidence have we through Christ to God-ward: not that we are sufficient of ourselves . . . but our sufficiency is from God.—II COR. 3:4, 5.*

Saturday

JANUARY 21

THE FATHER BLESSES ME WITH PLENTY OF TIME TO DO ALL THINGS CALMLY, WISELY, EFFICIENTLY, AND WELL.

IF THE demands of daily activities seem to overwhelm me and I feel there is more to be done than I can accomplish, I turn quickly to the Father within for guidance. In this way I unify myself with His wisdom. I listen for instruction from the still small voice. It inspires me to relax and concentrate on the task at hand. It reminds me that only one thing at a time can be done, or needs to be done. Thus, each task receives my entire attention and is done calmly, wisely, efficiently, well, and to the Father's glory.

When I pray at the beginning of every undertaking, I realize that all time is God's time and He provides the time necessary for the accomplishment of all my activities. I grow calm and my tasks are completed without tension. My efficiency increases, and I see evidence that it is not I but the Father, working through me, who does all things and does them well.

♣ *And the work of righteousness shall be peace; and the effect of righteousness, quietness and confidence for ever.—ISA. 32:17.*

I KEEP MY THOUGHTS AND FEELINGS CENTERED ON CHRIST.

I REALIZE the importance of keeping my thoughts and feelings positive and constructive. I know that what I think and feel within my mind and heart colors the atmosphere in which I live. It is only as I keep my thoughts high and my feelings harmonized that those with whom I live and work are blessed and cheered by my presence.

It is not difficult for me to keep my thoughts positive and my feelings right as I keep my mind centered on Christ. As I practice turning within and seeking His help, it becomes easier and easier for me to express myself in a positive manner. Any thoughts I may have had of illness, failure, lack, inharmony, or revenge are now replaced with thoughts of health, success, prosperity, order, and forgiveness.

As I bring "every thought into captivity to the obedience of Christ," I express only that which is beneficial to myself and to other persons.

✦ *Bringing every thought into captivity to the obedience of Christ.—II COR. 10:5.*

Monday

JANUARY 23

BECAUSE I KNOW MAN IS MADE FOR ETERNITY, I NOW CO-OPERATE IN MY ETERNAL UNFOLDMENT.

WE ARE made for eternity. Visible man may seem a creature of time and space, wrestling with outer problems, betrayed by inner fears. But to look upon the struggles of man is not to know the truth about him.

For the Spirit of God dwells within man, ever seeking to come forth into fuller and richer expression. God has called us "*to be conformed to the image of his Son, that he might be the first-born among many brethren.*"

We are not creatures of time and space, but children of eternity. Realizing that we are in eternity right now gives us an entirely new outlook on life.

Let us be open and receptive to the purifying, transforming work that God seeks to do in us. Co-operating with the Father's perfect plan for our spirit, soul, and body, we can rejoice that we are "heirs of God, and joint-heirs with Christ." God has wonderful plans for us.

We are children of eternity!

♣ *He hath set eternity in their heart.*—ECCLES. 3:11.

JANUARY 24

Tuesday

I REMEMBER JESUS' WORDS, "WHAT IS THAT TO THEE? FOLLOW THOU ME," AND I AM FREE FROM IDLE CURIOSITY.

CURIOSITY is good if it leads us to investigate new, helpful fields of endeavor, if it inspires us to read and study constructive literature, if it instigates positive action to better the conditions with which we are concerned. But curiosity can also be something that we should try to avoid.

If we find ourselves curious about matters that are not our concern, or curious about the personal lives and affairs of our family members or our friends, let us remember Jesus' words: "What *is that* to thee? follow thou me."

There are times when we cannot help overhearing a word not meant for our ears, we cannot avoid seeing a situation or a problem that we should take no part in. At these times it is the way of wisdom to silently give a blessing and then release from mind whatever we have seen or heard. Jesus' admonition helps us to take such a stand, and the Christ love and wisdom within us help us to resist idle curiosity.

✦ *What is that to thee? follow thou me.*—JOHN 21:22.

Wednesday

JANUARY 25

I FIND COMFORT THROUGH THE INDWELLING CHRIST.

WHEN THE heart is heavy, when a challenging situation faces us, we may for a moment question, we may seek some word of assurance. At such a time we can always know that we will find a renewal of our faith, a deepening of our insight, as we turn to the Christ within. For we cannot stray beyond the strengthening, loving presence of our indwelling Lord.

If a member of our family or a loved friend turns to us for consolation, we can, through this same strengthening, loving presence of our indwelling Lord, find the words to speak to him that will help and bless him. We can, through our indwelling Lord, find a way to turn the sorrowing one toward the light of love that is within him.

There is no need for sons of God to walk a rough, troublesome path. We have the light of Christ to make plain and smooth our way. There is no need for sons of God to feel alone and forsaken. We have the love of Christ to uphold and comfort us. With such light and such love our hearts are unburdened and order is restored.

♣ *They shall be comforted.*—MATT. 5:4.

I SEE MYSELF AS GOD SEES ME, UNFOLDING
HIS PERFECTION.

THERE ARE persons who are such perfectionists that they look at themselves, and seeing the ways in which they can improve, fail to see the strides they are constantly taking toward perfection. They are kind enough to other people. They are understanding of the frailties and efforts of others. But when they consider themselves they fail to see the many ways in which they are measuring up to the high standards they have set.

It is true that we want to see and to feel a constant growth. But a bud can never bloom if we pick it to pieces. As it starts to unfold we may find small flaws in its petals, but as we watch its growth we note that in its unfolding these small flaws disappear or are covered over by the unfolding of its inner petals.

Just as we must be patient with the bud, we must be patient with ourselves. As we prayerfully watch the unfoldment we know is taking place, we will be rewarded by the beauty that is revealed.

✦ *Let patience have its perfect work.*—JAMES 1:4.

Friday

JANUARY 27

MY MEMORY IS A FACULTY OF DIVINE MIND.

MY MEMORY is a faculty of Divine Mind. Realizing this, I do not "cudgel my brain" in order to recall things. I know that my brain is not Mind, but the servant of Mind, and as such I desire to treat it kindly and wisely.

A harassed, anxious servant cannot perform well, neither can a harassed, anxious brain. Therefore I relax, and in a spirit of calm expectancy, I ask that whatever I need to know be revealed to me. Divine Mind never forgets. Divine Mind is never impatient or inaccurate. Divine Mind can never become impaired. This Mind is my mind, and all that I need to know is clearly, fully, easily revealed.

On the other hand, if there are things I need to forget, distressing or harmful memories I wish to erase, Divine Mind can remove these from me and adjust my thinking so that it is constructive.

My memory is a faculty of Divine Mind. I remember what I need to remember, and I forget that which is best forgotten.

♣ *He shall teach you . . . and bring all things to your remembrance.*—JOHN 14:26 (A.V.).

JANUARY 28

Saturday

I AM RELAXED IN MIND AND BODY BECAUSE
I KNOW THAT GOD IS WITH ME.

RELAXATION is the key to many doors. Relaxation is the key to health. When we are relaxed, God's healing life can flow freely through us to restore us. Relaxation is the key to prosperity. When we are relaxed, our hands, which are the symbol of the ability to give and receive, are open to God's abundant good. Relaxation is the key to beauty. When we are relaxed, peace and serenity take the place of lines of anxiety and tenseness in our face.

In order for a key to open a door it must be used. We learn to use the key of relaxation to open the door to health, prosperity, and beauty through prayer. When we pray we realize that God loves us, for through prayer He reveals Himself to us. When we pray, thoughts that make us tense and fearful are wiped out and replaced with thoughts of peace and faith. When we pray, we relax in mind and in body because there is no longer any reason to be tense, for we know God is with us.

✦ *The peace of God, which passeth all understanding, shall keep your hearts and minds.—PHIL. 4:7 (A.V.).*

Sunday

JANUARY 29

I AM BORN ANEW AND I SEE AS GOD SEES.

I AM BORN anew through the knowledge of the power of the Holy Spirit indwelling. I put aside the old self, the self that sees good and evil, the self that acknowledges lack, the self that fears disease. As the water cleanses that over which it flows, as the wind blows away the dust, so these beliefs are washed away and dispersed by the power of the Holy Spirit.

I am born anew as I accept the idea that the Holy Spirit, the Spirit of God, is working in and through and for me in every possible way. I am lifted up by the power of the Holy Spirit. Clear and creative thinking are mine, and a good memory is mine. Health that radiates through every cell, muscle, bone, organ, and function is mine. Prosperity in running-over measure is mine. Harmony that unifies and blesses all my relationships is mine. Peace that fills my heart, home, and world is mine.

Through knowing the power and the presence of the Holy Spirit, I am born anew and I "see the kingdom of God."

♣ *Except one be born anew, he cannot see the kingdom of God.*—JOHN 3:3.

I COMMIT MY WORK UNTO THE LORD, AND
MY PURPOSE IS ESTABLISHED.

OUR WORK, whatever it may be, gives us daily opportunity to put into expression our powers and abilities. Even routine work is not without its challenges, for it takes poise and balance to do something that is repetitious and to continue to do it well.

Whatever we do, the greatest challenge offered us is the challenge to progress, to unfold, to expand our ability and productivity. We all want to excel; we all want to be more successful in the performance of our tasks. We can find joy in our work and we can grow and unfold in the performing of it as we do all as unto the Lord. In some way, whatever we do affects the happiness and welfare of other human beings. The more proficient we become at our work, the more we have to contribute to God and man.

As we make the continual effort to perfect ourselves and the work of our hands, we will find our work rewarding and a source of joy.

*Commit thy works unto Jehovah,
And thy purposes shall be established.*

—PROV. 16:3.

Tuesday

JANUARY 31

I GATHER ALL THE FORCES OF MY BEING TOGETHER IN PRAYER. MY THOUGHTS ARE GOD-DIRECTED; MY FEELINGS ARE GOD-DIRECTED; MY LIFE IS GOD-DIRECTED.

IF WE feel tired or tense it may be that we are scattering the forces of our being in surface living and not taking time to renew ourselves in quietness and in prayer. We need to take time to be still, to let go of the feeling of pressure that sometimes builds up in us.

The purpose of these DAILY WORD lessons is to help us direct our thoughts Godward. Today, after you have read this lesson, take a few moments to be absolutely still. Close your eyes, quiet your thoughts, let your body become relaxed, then open your mind to God. It may help to say to yourself: "God is here; God is in the midst of me. God is blessing my mind with light; God is filling my body with life; God is transforming my life with love. God is directing me in all that I do."

We carry forward into our activities the feeling of renewal and refreshment that we gain from silent prayer and we find that we are strengthened.

♣ *In quietness and in confidence shall be your strength.*
—ISA. 30:15.

DIRECTORY OF UNITY BOOKS

(These books are \$2 each unless otherwise stated)

FOR BEGINNERS

- A More Wonderful You
- Bel
- Beginning Again
- Doctor Houston Speaking (*German only*)
- Favorite Unity Radio Talks
- God a Present Help
- God Is the Answer (*English or Dutch*)
- How I Used Truth (*English, German, Greek, Swedish*)
- How to Let God Help You (*English, Greek, Spanish*)
- Lessons in Truth (*English, Italian, French, German, Russian, Spanish, Dutch, Swedish, Greek, Japanese*)
- Lovingly in the Hands of the Father (*English, German*)
- Myrtle Fillmore's Healing Letters
- New Ways to Solve Old Problems
- Peace Begins at Home
- Practical Christianity for You
- Prove Me Now
- The Great Physician (*English or Spanish*)
- The Story of Unity
- Special Methods for Attaining Spiritual Mastery
- Things to Be Remembered
- Unity's Seventy Years of Faith and Works (\$5)
- Whatsoever Ye Shall Ask (*English or French*)

FOR HEALING

- Christian Healing (*English or German*)
- Divine Remedies (*English or French*)
- Jesus Christ Heals
- Truth Ideas of an M.D. (*English, German, Italian*)
- You Can Be Healed (*English or Swedish*)

FOR THE HOME

- Unity Vegetarian Cookbook
- You and Your Child

FOR PROSPERITY

- Both Riches and Honor (*English or French*)

- Prayer in the Market Place
- Prosperity (*English or Italian*)
- Prosperity's Ten Commandments (*English or French*)
- Working with God (*English or German*)

FOR INSPIRATION

- Best-Loved Unity Poems
- Be of Good Courage
- God Never Fails
- How to Claim Your Good
- Mightier than Circumstance
- Prayer Changes Things
- The Household of Faith, *English* (\$5), *German* (\$2)
- The Sunlit Way

FOR DEVOTION

- Bible, American Standard Edition (\$7.25)
- Keep a True Lent
- Effectual Prayer

FOR ADVANCED STUDY

- Atom-Smashing Power of Mind
- Christ Enthroned in Man
- Have We Lived Before?
- Know Thyself
- Let There Be Light (\$3)
- Metaphysical Bible Dictionary (\$5)
- Mysteries of Genesis (\$3)
- Mysteries of John
- The Revealing Word (\$3)
- Selected Studies
- Talks on Truth
- Teach Us to Pray (*English or French*)
- The Twelve Powers of Man
- What Are You?
- Your Hope of Glory (\$3)

FOR CHILDREN

- Adventures of the Seven Spartans
- Barky's New Home
- Barky and His Friends
- Jet's Adventures
- Jet and the New Country
- Jet's Choice
- The Story of Jesus
- Teach Me to Pray
- Thank You, God

How One Woman Solved A PROBLEM of FAMILY INHARMONY and LACK

Susan Mason was a woman with a problem. She and her husband were at cross purposes, with frequent quarrels and scenes. Also, she felt that her husband made more money than he was bringing to the support of their home and their two little girls.

How she solved her problem makes a fascinating true story, and you can read it in the January 29 number of *Weekly Unity* in an article called "Prayer Changes You," by Ruth Barrick Golden. You will like this article and all the other material in *Weekly Unity*, for this timely publication presents only practical ideas that have been used by real people in real life.

Why not order a subscription to this unusual weekly periodical today, and ask that it begin with the January numbers? *Weekly Unity* is priced at \$2 for a year's subscription.

UNITY SCHOOL OF CHRISTIANITY
LEE'S SUMMIT, MISSOURI

Unity would like to get copies of the magazines **THOUGHT** and **UNITY** dated 1891 through 1895. If you have copies or know where we can get them, please write the Unity Librarian, Unity School of Christianity, Lee's Summit, Missouri.

A MORE WONDERFUL YOU FOR 1961

With the new year beginning, this is the time for making and keeping good resolutions, for giving new energy and love and receiving new success and happiness.



You probably know what changes you would like to make in your individual world, so it is easy for you to make your resolutions. And keeping them will be easy, too with the practical help of the book *A More Wonderful You*, which has aided thousands of persons to keep the resolutions they made for self-improvement.

A collection by many favorite authors, *A More Wonderful You* contains chapters for all kinds of special needs and problems, for example: "Self-Confidence," "About Eating," "God-Given Talents," "The Adventure of Years," "The Kingdom of Right Relationships," "To a Lonely Heart," "How to Make Your Work Easy," "Your Right Leading," and "True Security"—as well as many more.

As you seek to make your overcoming, Silent Unity will be happy to pray with you if you request it. *A More Wonderful You* is priced at \$2 a copy. Order from:

UNITY SCHOOL OF CHRISTIANITY
LEE'S SUMMIT, MISSOURI

THE PLAINEST WAY TO PROVE THE LAW

A Prosperity Bank user in Oklahoma writes: "I wish that all people who are not quite able to demonstrate the laws of the universe, which Unity introduced to me, would just try a Prosperity Bank; for it is the plainest way to prove the basic law of giving and receiving. You cannot sincerely use the Prosperity Bank and daily drill without wonderful things, both material and spiritual, happening to you as they have to me and my family. Please send another Bank—I want to continue to give and get more in life!"

The Prosperity Bank plan will help you prove God's law of prosperity. For your Bank and instructions, just mail this coupon.

Unity School of Christianity, Lee's Summit, Mo.

----(Please PRINT all Names and Addresses)----

Here is my order for DAILY WORD gift subscriptions and a Bank in which to save the \$—— cost of these subscriptions (\$2 each subscription).

1. Name
Street
City State
2. Name
Street
City State
3. Name
Street
City State

SENDER'S NAME
Street
City State

Please indicate postal zone number, if cities are so divided. D-1-61

Announcing

THE 1961 UNITY LENTEN PROGRAM

You are invited to take part in the 1961 observance of the Unity Lenten Program from Ash Wednesday, February 15, to Easter Sunday, April 2. Here is what the program consists of:

READING. A daily reference is given for reading from the book *Keep a True Lent*, by Charles Fillmore, and from the Bible. Each daily reading deals with some special point of Truth, and following them day by day will increase your understanding of the Unity teachings and of the Bible.

PRAYER. The second part of the program is finding time each day for a moment of prayer and silent meditation.

THOUGHT DISCIPLINE. Negative thoughts and words are to be avoided; while the mind is fixed steadfastly on the abundant blessings of God, and demonstrating them in one's own world. Silent Unity will gladly pray with you about any problem you have as you follow this drill, if you request it.

The book *Keep a True Lent* is priced at \$2, and with it you will receive without charge a copy of the accompanying *Lenten Guide*. Order now to be ready when Lent begins. (If you already have the book, Unity will be happy to send you the *Guide* free on request.)

UNITY SCHOOL OF CHRISTIANITY
LEE'S SUMMIT, MISSOURI

Bridges Are An Adventure

D. J. MANN

Bridges are an adventure. They extend
Past natural obstacles and boundaries,
Rivers and chasms, that unbridged might end
Our progress. Bridges are decrees
Man's spirit makes that it will not be bound.
Nothing about a bridge is due to chance;
It is on thought it rises from the ground
And arches the abyss of circumstance.
Man yearns forever from the farthest brink
Yet farther, and he spins his daring span
Out, out as far and high as he can think.
How like a bridge is this bridge-builder, man!
Crossing to truth upon his bridge of mind.
Bridges like men are set against the drift
Of things; they are a symbol of mankind.
Crossing a bridge, I always feel a lift!

